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Sex offender residing in HRM

Ronald James Aucoin has a history of abusing children and is considered a high risk to reoffend

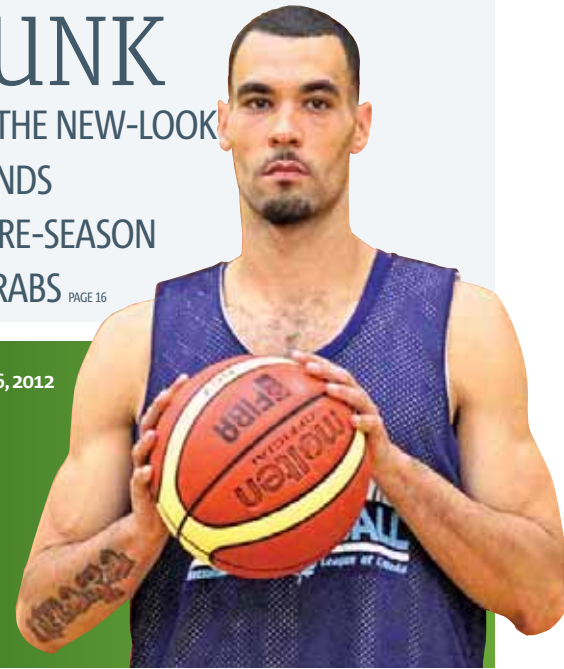
PAGE 4



SLAM DUNK

FANS CAN CHECK OUT THE NEW-LOOK RAINMEN, AS THOUSANDS OF COMPLIMENTARY PRE-SEASON TICKETS ARE UP FOR GRABS

PAGE 16



HALIFAX

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Tuesday, October 16, 2012



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CATCHING FALL'S COLOURS

Cyclists take advantage of the beautiful fall day in HRM on Monday by taking a spin on the trails at Shubie Park in Dartmouth. Temperatures in Halifax for the first day of the work week reached the low 20s C. JEFF HARPER/METRO

Pop goes Halifax

20th year. Thousands to descend on city for annual music festival

HALEY RYAN

halifax@metronews.ca

The Halifax Pop Explosion is growing up, but don't expect it to turn down the volume anytime soon.

The ever-growing music festival is celebrating its 20th anniversary this week as 186 bands take to the stage at 20 venues in Halifax over the next five days.

"A great energy just takes over the city," festival director Johnny Stevens said of the event.

"We've kept the spirit of the original Pop Explosion alive, in that we present new and innovative music to fans."

The festival starts Tuesday night with a kickoff party at the Seahorse Tavern, along with performances across the rest of the city. That's followed up with four more days of music and workshops.

More online

- Visit halifaxpopexplosion.com for complete event details.

Headliners include the Black Lips, Nova Scotia's own Wintersleep and American bands with a Canadian connection, like Deer Tick and Of Montreal.

Stevens says while the bigger indie-rock names draw people in, it's the new ones you discover along the way that become favourites.

"It's always about the band you haven't heard of," he said. "We want to lure you in ... and then hopefully dazzle you with the opening band."

And there's much more than pop music. Stevens says you can find a show for any genre, except maybe blues or Celtic styles.

Stevens is expecting 20,000 people to descend on Halifax this week, with the spinoff revenue for the city estimated to be over \$2.5 million.



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Election. Registration polls 'make sense' for students

For the first time ever, registration booths were set up at Dalhousie and Saint Mary's universities on Monday to encourage students to vote in the upcoming municipal election.

HRM's returning officer, Cathy Mellett, said it's important to make sure students know they are allowed to vote on Saturday, even if they've been away for a few months.

"We wanted to make sure we spent a lot of time educating students about their opportunities," she said.

Last December, the provincial government clarified what "temporarily absent" meant, opening the doors for thousands of students in Halifax to have a voice.

"If a student was here last year and was absent over the summer to work or go home, that's only temporarily absent under the act and they're still eligible to vote if they move back," Mellett said.

Matt Rice, a 27-year-old former university student, was on-hand at Dalhousie Monday and said the polls are definitely a good idea. "It makes sense with encouraging the younger generation to participate in democracy, by making it as accessible as possible," he said.

HALEY RYAN/FOR METRO

In Metro this week

Election tee-up coverage:

- **Wednesday.** School board
- **Thursday.** Council, including a breakdown of all 16 district races
- **Friday.** Race for mayor, including, in their own words, why you should vote for them



A voter prepares to take advantage of online voting for the HRM municipal election in this photo illustration. Online voting ends this Thursday. JEFF HARPER/METRO

Clock is ticking to cast e-vote

Online balloting lasts until Thursday at 7 p.m., two days before official voting day

HALEY
RYAN
halifax@metronews.ca

If you want to stay home and cast an election ballot from the comfort of your living room, you'll have to get online by Thursday.

Over 36,000 people have used the e-vote system so far in the municipal election, and HRM's returning officer, Cathy Mellett, is expecting a big rush

on the final advance-voting day, which is Thursday.

After that, if you want to vote, you will have to do it in person on Saturday. Mellett said people can't be using both in-person and online voting because the municipality doesn't have a real-time voters list.

"We have to be able to be assured you didn't just vote in your car on your iPhone and then walk into the polling location," she said.

A real-time voters list would show everyone who voted as soon as it happened, but Mellett says it's very expensive to run.

"In a large municipality like ours ... it's better to just stop,

Quoted

"All we hope is that by the time we reach the end of Saturday at 7 p.m. and they close the polls, that as many voters as possible have taken the opportunity."

Cathy Mellett, HRM's returning officer

and start again," Mellett said. "It's better for the integrity of the system."

As for the numbers so far, hundreds of voting-aged teens have already cast their ballots

while the turnout for those in their 20s has been low.

Of the estimated 1,000 registered voters aged 18 and 19, 30 per cent voted as of Monday afternoon.

"It's saying they're really keenly interested," said Mellett. "Unfortunately we need to get more 18-year-olds registered on the list."

At the latest count, only five per cent of those aged 20 to 32 had voted online.

Those 55 and older have had the "usual strong turnout" so far, Mellett said, with 14 to 16 per cent voting figures.

Around 10 to 12 per cent of the 32- to 55-year-old voters have also used advanced voting.

1 NEWS

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Whynder Elementary. North Preston youth arrested after break-ins

Halifax RCMP have charged one youth in connection with two break-and-enters in North Preston on Saturday.

The 14-year-old male youth from North Preston is one of three suspects wanted following a break-in at Nelson Whynder Elementary School, where police say fire extinguishers were set off.

According to police, officers were responding to the incident when they heard windows breaking at the

Damages

- Damage in each incident is estimated to be more than \$5,000.

North Preston Community Centre.

After a short foot chase, police arrested the youth.

Six windows were damaged at the community centre and the nearby bus shelter.

METRO

Fourth place

Feed Nova Scotia raises nearly 100,000 lbs. of food

Feed Nova Scotia has no reason to cry in its soup after finishing last in the Great Canadian Food Fight.

That's because they raised just under 100,000 pounds of food in a 48-hour period last week.

Feed Nova Scotia tipped the scale at 98,635 pounds, just behind

Mustard Seed Food Bank of Victoria, B.C. (99,607 pounds).

The Regina Food Bank finished first at 167,784 pounds, with The Food Bank of Waterloo Region placing second, at 135,014 pounds.

METRO

On the scale

500,500

The amount, in pounds, of food collected by the four food banks.

Male suspect flees. Woman has purse stolen at Bedford bank

Police say a woman was robbed of her purse as she was walking to make a deposit at a bank in Bedford on Monday afternoon.

The incident happened just after 3:30 p.m. in the 1600 block of the Bedford Highway near the Scotia bank.

The purse had cash inside it, police say, adding that the male suspect fled to an awaiting vehicle, which was full of people.

Description of car

- Police describe the suspect's car as a Honda Civic that was purplish and grey in colour.

The victim wasn't injured.

Police say the suspect was wearing a black hoodie and a baseball cap.

METRO

'She felt she'd never escape,' teen's aunt says of suicide

Bullying victim.

Leana Todd speaks about the death of her niece, Amanda Todd

Truro's Leana Todd says she is devastated about the bullying that caused her young niece to end her life.

Amanda Todd, 15, who was living in Coquitlam, B.C., committed suicide last Wednesday, a month after posting a YouTube video detailing her experiences with online and offline bullying.

"I'm sick to my stomach. I felt like I was being bullied myself when I heard about it... She felt she'd never escape," Todd said of the bullying her niece endured.

Todd hadn't seen Amanda in seven or eight years, but she has many fond memories of Amanda, including her singing.

Quoted

**"It's an epidemic....
People are dying."**

Leana Todd on bullying

"She loved to sing and was really spunky and fun," Todd remembered. "And she was brave to put up her struggles on YouTube."

In one YouTube video, Amanda told her story, using cue cards only, in a heart-wrenching video that chronicled her nightmare. The emotional torture included verbal abuse, beatings, a cyber-stalker who tracked her down whenever she tried to start afresh at a new school and who posted images of her showing off her body after feeling flattered by online attention.

She also admitted to feeling anxiety and depression and experimenting with drugs and alcohol and cutting herself.

Knowing the horror of what Amanda experienced has made Todd all the more determined to strive to put an end to bullying. Todd is organizing a community candlelight vigil in Truro's Victoria Park on Friday at 6 p.m., stressing the gathering, which is open to everyone, is more than just keeping a memory alive.

She wants it to be a major stance in the fight against bullying, which she believes is a criminal act that needs to be



Amanda Todd, 15, is shown in this undated photo from one of the many Facebook memorial sites set up after her suicide. FACEBOOK.COM/THE CANADIAN PRESS

stopped immediately.

"Bullying is a criminal behaviour in my point of view ... and I'd like to see legislation passed on it," said Todd.

"We are waiting too long to do something.... This is the new face of violence. It's scary to be raising children."

TRURO DAILY NEWS

Warning issued about sex offender

A man who has a criminal history involving sex offences against children and who has been deemed a high risk to re-offend is back living in HRM.

Halifax police say Ronald James Aucoin, 38, was released Monday from the Dorchester Penitentiary in New Brunswick. Aucoin has been professionally assessed a high risk to reoffend in a sexual manner and police are warning the public now that he is a free man.

"I won't be more specific than within HRM because Mr. Aucoin, like anybody else, has

a right to travel within the city," said Halifax Regional Police spokesman Const. Pierre Bourdages, about where Aucoin is living. "So he could really be anywhere in the city, even if he will be residing at a specific area, he could travel within the city."

Aucoin is out of prison on several conditions, which includes having no contact with children under 16. He is described as five-foot-six and 180 pounds, with brown hair and blue eyes.

Police say they will be monitoring Aucoin regularly

but they're also asking the public that to contact them immediately if they seem him around kids.

"We are not encouraging any kind or form of vigilante activity, people taking matters into their own hands," Bourdages said. "Mr. Aucoin was sentenced to some time in jail, he served his sentence and he has to be released. He can't be kept in jail indefinitely."

One of the crimes Aucoin has been jailed for was the sexual touching of a 12-year-old former neighbour.

PHILIP CROUCHER/METRO



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Rafael expected to bring heavy rain to province

Storm watch. Cold front expected to mix with tropical system and produce downpours

Nova Scotia may not be on Hurricane Rafael's direct-hit list but that doesn't mean residents won't feel some indirect effects.

A tropical air mass that brought balmy temperatures to Halifax Monday is part of the same system carrying Rafael toward Atlantic Canada from the Caribbean.

Chris Fogarty, of the Canadian Hurricane Centre in

Halifax, said a cold front predicted to move into Nova Scotia on Monday night would mix with that tropical air mass resulting in downpours well into Tuesday. As a result, Halifax could see up to 50 millimeters of rain.

"I wouldn't say we're off the hook, necessarily," said Fogarty. "We're off the hook as far as direct impacts from Rafael, for sure, but this non-tropical low could be problematic. That moisture is going to bring some heavy rain tonight and tomorrow that will be affecting most of Atlantic Canada."

U.S.-based forecasters said the storm's centre was about 465 kilometres north

of San Juan, Puerto Rico, early Monday.

Fogarty said the storm won't hit the Maritimes, but Newfoundland is at risk.

Computer models suggest a range of tracks, from just east of Cape Breton to well offshore southeast of Newfoundland either Wednesday or Thursday.

It's been a quieter than usual storm season for the province.

Fogarty said all the beautiful summer weather we've had brought with it a high-pressure system that storm fronts travel around because they can't move over it.

ANDREW RANKIN/METRO



Fuel rebate sought for vehicles used in mining

An industrial-size front-end loader works at the Conrad Brothers Quarry in Dartmouth on Monday. The mining association of Nova Scotia is calling for a rebate in fuel for off-highway vehicles used in mining, similar to the rebate the government already gives to fishing, farming and forestry in the province. JEFF HARPER/METRO

Tour

Tragically Hip to play Halifax again

The Tragically Hip are coming back to Halifax for the first time since 2007.

The Canadian rockers are touring for their 13th album, Now For Plan A, and will perform at the Metro Centre on Saturday Feb. 2.

Arkells will be the opening act.

Tickets go on sale Friday at 10 a.m. and will cost either \$89.50, \$69.50, \$49.50 or \$29.50, plus service charges. Tickets are being sold online at sonicconcerts.com

or ticketatlantic.com, by phone at 451-1221 or through all Ticket Atlantic box-office outlets, including participating Atlantic Superstore locations. METRO



The Tragically Hip's Gordon Downie
METRO FILE

Vote

Mount faculty authorize strike mandate

Faculty members at Mount Saint Vincent University have given their bargaining unit a strong strike mandate in ongoing contract negotiations.

A MSVU Faculty Association release says 90 per cent of the 147 members cast ballots in a recent strike vote — and 84 per cent of the votes were in favour of strike action. METRO

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Labour movement. New 300,000-strong union could soon double in size

The labour movement is looking to become a political force again by creating Canada's largest private sector union, which will seek to double its size by organizing new workplaces and opening up its ranks to non-traditional members.

The Communications, Energy and Paperworkers Union of Canada voted Monday to approve a merger with the Canadian Auto Workers, which gave its OK to the plan in August.

The new union will initially have more than 300,000 members across roughly 20 sectors of the economy, but CEP president Dave Coles

Occupy spirit

Union leaders said the new entity will try to capture the spirit of the student protests that gripped Quebec last summer, and the Occupy movement.

said he doesn't anticipate it remaining that size very long.

"Doubling that in a very short period of time is not unreasonable and it gives different voices to the debate and to the argument," he said during a news conference in Quebec City. **THE CANADIAN PRESS**

Quebec inquiry

Illegal fundraising common: Witness

Former construction boss Lino Zambito, at Quebec's corruption inquiry, says illegal fundraising was commonplace in the province's politics and it occurred under various political parties. Zambito is testifying that he funnelled \$88,000 over the last decade to all Quebec political parties. **THE CANADIAN PRESS**

Russian investigation

Pilots in plane crash were drunk

Russia's investigative agency says both the pilots of a plane that crashed last month in Russia's far east, killing 10 people, were drunk.

The Investigative Committee said Monday that a forensic study found the first pilot of the local flight was lightly intoxicated and his co-pilot was moderately intoxicated when their An-28 slammed into a forest on the Kamchatka Peninsula on Sept. 12. Ten of 14 people on board, including both pilots, were killed. **THE ASSOCIATED PRESS**

Gun control

Markings will help track guns: Feds

The Conservative government that earlier this year killed the national gun registry now says placing serial numbers on long guns contributes to public safety by allowing police to trace them. The Public Safety department says that, effective Dec. 1, long-delayed rules on gun markings will come into force. **THE CANADIAN PRESS**

Cycling accidents

Helmets prevent deaths: Study

A study found cyclists who didn't wear a helmet were three times more likely to die of a fatal head injury than those who wore head protection while riding.

Researchers looked at 129 accidental cycling deaths in Ontario between 2006 and 2010, using data from the Office of the Chief Coroner. **THE CANADIAN PRESS**

Leaked video

Hulk Hogan suing over sex tape

Reality-TV star and former pro wrestler Hulk Hogan is suing a Tampa Bay-based disc jockey, the DJ's ex-wife and a New York media group over a sex tape.

According to a news release from Hogan's publicist, two lawsuits will be discussed during a news conference Monday afternoon near the federal courthouse in Tampa.

Hogan says he was secretly taped six years ago having sex with the ex-wife of DJ Bubba "The Love Sponge" Clem. **THE ASSOCIATED PRESS**

Paris court

Man sentenced for attacking photog

A Paris court has convicted a 23-year-old man of attacking and injuring a photographer who had taken photos of a group of women who were breaking a new French law by wearing face-covering veils. The court sentenced Ymad Bilel Benouahab on Monday to 18 months in prison for the September attack. **THE ASSOCIATED PRESS**

Ontario Premier McGuinty steps down

Under fire. Provincial leader calls is quits amid political gridlock after nine years as premier, 16 as Liberal leader

Politics aside

"I have never doubted his sincere commitment to the people in this great province of Ontario ..."

Conservative Leader Tim Hudak

Beaten down by a series of scandals, Ontario Premier Dalton McGuinty announced late Monday he was stepping down as Liberal leader and adjourning the legislature because his minority government can't pass legislation to freeze public sector wages.

After 16 years as party leader and nine as premier, it's time for new blood, McGuinty told a surprised Liberal caucus as his wife Terri and brother Brendan looked on.

"It's time for renewal, it's time for the next Liberal premier, it's time for the next set of Liberal ideas to guide our province forward," McGuinty told the caucus.

"To that end, I spoke with the president of our party and asked that he convene a leadership convention at the earliest possible opportunity."

McGuinty said he would stay on as the MPP for Ottawa-Centre until the next election.

The Liberals have been under fire for months for an out-of-control air ambulance service and faced a second contempt motion Monday for cancelling two gas plants in Mississauga and Oakville at a cost of hundreds of millions of dollars to taxpayers.

However, McGuinty blamed the fight over a public sector wage freeze for his second surprise — adjourning the legislature. He vowed the Liberals would try to negotiate zero-increase agreements with the unions — something the NDP has demanded — and would also use the break to negotiate with the Progressive Conservatives.

"They oppose our wage freeze plan, and that means we can't make it the law, certainly as it stands at this point," said McGuinty.

"I met with the LG (lieutenant-governor) earlier today and asked that we pro-



Ontario Premier Dalton McGuinty walks out of the government caucus room with his wife Terri after announcing he is stepping down from his position, Monday, in Toronto. MICHELLE SIU/THE CANADIAN PRESS

rogue the house so that we can pursue both discussions, both tracks, in a way that is free of the heightened rancour that has sadly, too frequently, characterized our legislature of late."

The government needs the wage freeze for about 481,000 public sector workers to trim the \$14.4-billion deficit, and

McGuinty said proroguing will give the government time to find out exactly what the Tories want to approve the plan.

THE CANADIAN PRESS

Go to metronews.ca to see reactions from politicians, readers and Ontarians about the surprise resignation.



Costa Concordia. Former cruise captain faces victims at court hearing

The former captain of the shipwrecked Costa Concordia cruise liner came to an Italian court on Monday to hear the evidence against him, while passengers who survived the Jan. 13 collision in which 32 died showed up to look him in the eye.

Wearing dark glasses, Francesco Schettino used a back entrance to slip into a theatre in the Tuscan city of Grosseto that is serving as a courtroom. He made no comment to reporters outside.

The Concordia ran aground and capsized off the Tuscan island of Giglio after Schettino took it off course and brought it close to the island as part of

a stunt.

Hearings this week will help decide whether a judge will order trial for Schettino, who is charged with manslaughter, causing the shipwreck and abandoning ship while passengers and crew were still aboard. He denies the charges. Any trial is unlikely to begin before next year.

More than 1,000 survivors, victims' relatives and their lawyers are attending the closed-door hearing to discuss the evidence against Schettino and eight other defendants, including crew members and officials from Concordia owner Costa Crociere SpA, owned by Carnival Corp. **THE ASSOCIATED PRESS**



Francesco Schettino, centre, the former captain of the cruise ship Costa Concordia, leaves the Teatro Moderno theatre in Grosseto, Monday, where the first hearings are taking place for the Jan. 13 shipwreck. GREGORIO BORGIA/THE ASSOCIATED PRESS

3-year investigation. Flu vaccine is less effective than advertised: Report

A new report says flu vaccine is not as effective as public-health messaging suggests and new and better vaccines are needed.

The report suggests the current vaccines offer moderate protection some years and less in others.

The authors say the problem is that having vaccine that is deemed good enough is a disincentive for the industry to develop longer-lasting and more effective flu shots — especially given that better vaccines would likely cost significantly more.

The report of the CIDRAP Comprehensive Influenza Vaccine Initiative was written by public-health experts at the Center for Infectious Diseases Research and Policy at the University of Minnesota.

The authors strongly advocate for major investments to develop new flu vaccines but say that, in the meantime, people should continue to use the currently available shots.

It questions many of the dogmas that are accepted about flu vaccine, including that vaccinating children will protect the elderly.

As well, it says there is no evidence to support the idea that flu vaccine is more effective in years when the strains in the shot are a good match for those circulating in nature.

The 160-page report is the result of a three-year investigation into the science supporting flu vaccine efficacy and safety and the decision-making processes that led to the U.S. policy to recommend all Americans get a flu shot every year.

THE CANADIAN PRESS

Welcome revelation

Interestingly, where five years ago claims like these likely would have been denounced as public-health heresy, this report is receiving a much warmer welcome.

- **Off the mark.** In recent years, studies by a variety of research groups have shown that the long-quoted claims that flu shots offered 70 to 90 per cent protection against influenza have been off the mark.

NDP motion targets bullying following B.C. teen's death

House of Commons.

New Democrat MP Dany Morin wants feds to create national bullying-prevention strategy

When Dany Morin was being picked on in high school, there was no such thing as Facebook.

The taunting faced by teens these days is far worse than it was 20 years ago, the New Democrat MP said Monday as his motion calling for a national effort to fight the problem came before the House of Commons.

"Nowadays, with cyber-bullying, with social media, it has gotten to a breaking point," said Morin, whose motion comes in the tragic wake of a bullying-related suicide that has captured the



New Democrat MP Dany Morin speaks with the media on Monday.
ADRIAN WYLD/THE CANADIAN PRESS

country's imagination.

The death last week of Vancouver teen Amanda Todd has served to shine a spotlight on the problem and expose the urgent need for a solution, Morin said.

"It is a nationwide prob-

lem and it is, unfortunately, only growing with time."

The NDP motion calls for the creation of a House of Commons committee to develop a national bullying-prevention strategy that would examine the prevalence and impact of bullying and look for ways to prevent it.

It's high time the federal government got involved in an effort to put a stop to bullying, said Queen's University psychology professor Wendy Craig.

"A national campaign needs to focus on relationships — relationships between parents and children, relationships between all adults who work or are involved with children and with youth-to-youth relationships," said Craig, the scientific co-director of Promoting Relationships and Eliminating Violence Network (PREV-Net).

THE CANADIAN PRESS



Standoff ends in arrest

A hotel guest leaves the Fairmont Pacific Rim Hotel in Vancouver on Monday. A 28-year-old Surrey, B.C., man was arrested after a 10-hour standoff with police at the hotel. A man with a gun walked in around 2:30 a.m., showed his weapon, sat down and waited.

JONATHAN HAYWARD/THE CANADIAN PRESS

Malala Yousufzai

Pakistani activist treated in Britain

A 14-year-old Pakistani activist shot in the head by the Taliban arrived in Britain on Monday to receive specialized medical care and protection from follow-up attacks threatened by the militants.

Malala Yousufzai was targeted by the Taliban for promoting girls' education. The attack horrified people across the country and abroad.

The Taliban have threatened to target Malala again until she is killed because she promotes "Western thinking."

THE ASSOCIATED PRESS

Corporal punishment

Teen girl whipped in Timbuktu

A teenaged girl received 60 lashes in Timbuktu after Islamist extremists convicted her of speaking to men on the street.

The girl, about 15 years old, was allegedly caught standing alongside men by the Islamists of Ansar Dine who now run the area.

THE ASSOCIATED PRESS



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7 Nights 4-Star from **\$1151**
incl \$802 base + \$349 taxes & fees

Canada

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\$628
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Next U.S. presidential debate: Dos and Don'ts for Obama and Romney

Tuesday's faceoff.

Debate professor Melissa Wade offers some tie-breaking advice to the president and presidential hopeful

ANTHONY JOHNSTON
Metro World News

The second U.S. presidential debate is on Tuesday night at Hofstra University in New York state. Can President Barack Obama return to form, or will Mitt Romney keep the momentum?

We spoke to Melissa Wade, debate professor at Emory University in Atlanta, on what the two candidates need to do if they want to come out on top.

Do: "Smile and say, 'I killed Osama'"

To do better than last time, all Obama needs to do is smile. "Obama was too passive but I believed he was coached in that way so as not to appear condescending. Obama will need to be assertive without being too aggressive," Wade said.

For Obama to score highly, he needs to lay down a clear strategy — boosting the manufacturing industry, for example — "and it wouldn't hurt if he said, 'I killed Osama!'"



Don't: "Fumble, stumble or act too humble"

Obama has recently been trying to portray himself as a humble guy with a dose of self-deprecation, calling himself an imperfect man. But Wade reckons this strategy makes no sense: "That's a stunning lack of judgment on his part to say such a thing."

Also key for Obama is simply looking straight at the camera:

"He spent too much time in the first debate staring down at his notes — it looked as if he was asleep or disengaged."

Do: "Open up, warm up, make it personal"

"Now Romney has a real opportunity to change his distant persona," Wade said. "He has been reluctant in the past to talk about his personal life, but if he goes on the offensive, opens up and shares his life experiences with the audience, he will do well."



Don't: "Talk too tough, act too conservative"

Foreign policy will be on the first agenda, and Romney can't be seen as too conservative. "Romney has to show he won't do anything dangerous in foreign policy as president," Wade said. "Romney is also known to mis-speak, especially on foreign policy. His comments on the American embassy attacks in Libya, using the attack as political fodder against Obama, was seen as inappropriate and still makes people nervous."

GETTY IMAGES

Cheesy stunt

Pizza Hut amends its own debate strategy

Pizza Hut is rethinking its contest daring people to ask "Sausage or pepperoni?" at Tuesday's U.S. presidential debate.

After the stunt led to criticism last week, the restaurant chain says it's moving the promotion online, where a contestant will be randomly selected to win free pizza for life.

Pizza Hut had offered the prize — a pie a week for 30 years, or a check for \$15,600 — to anyone who posed the question to either President Barack Obama or candidate Mitt Romney during the live debate.

But blogs and media outlets immediately criticized the chain for trying to capitalize on the election.

The blog Gawker wrote about the stunt under the headline, "Want Free Pizza Hut Pizza for Life? Just Make a Mockery of the American Democratic System on Live TV."

Pizza Hut says it will still honour the prize if someone poses the question live at the debate.

THE ASSOCIATED PRESS

Olivia Domestic Short Hair

Pretty little Olivia was found as a three-week-old baby with severe eye infections. It was unknown if she'd be able to see & at one point it was thought one eye would need to be removed. But after lots of loving care by a local rescue, one eye has healed completely while the other is a bit scarred. Now that the scare with her eyes is long over, this six-month-old beauty is more than ready for her forever home. Please visit this sweet girl today.



For more information on Olivia and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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Activists accuse Walmart's pork suppliers of mistreating pregnant pigs

Animal rights activists protest outside Walmart in Alpine Township, Mich., on Monday. Mercy For Animals, a national U.S. non-profit, organized the protest to call attention to Walmart's pork suppliers, which they say confine pregnant pigs to small crates. CORY MORSE/THE GRAND RAPIDS PRESS/THE ASSOCIATED PRESS

Market Minute

DOLLAR
102.04¢ (-0.07¢)

DOLLAR
102.04¢ (-0.07¢)

TSX
12,229.96 (+27.92)

OIL
\$91.85 US (-1¢)

GOLD
\$1,737.60 US (-\$22.10)

Natural gas: \$3.486 US (-12.5¢)
Dow Jones: 13,424.23 (+95.38)

What crisis? Global luxury sector sees third straight year of strong growth

Chinese shoppers at home and abroad are pushing global sales of luxury items to new heights, helping the sector post its third straight year of strong growth since the global recession.

A new study by Bain & Company released Monday forecasts the global luxury goods market for clothing, accessories, jewelry, cosmetics and art will grow 10 per cent this year to 212 billion euros (\$274 billion US) from 192 billion euros in 2011.

That would be the third straight year of double-digit

By the numbers

10%

A new study forecasts the global luxury goods market for clothing, accessories, jewelry, cosmetics and art will grow 10 per cent this year to 212 billion euros (\$274 billion US).

growth following two years of contraction in 2008 and 2009 when many countries around the world slid into a deep recession following a banking crisis. THE ASSOCIATED PRESS

Family finances in worse shape than expected

Revised StatsCan data.

But new figures also show that Canadians have more assets than previously thought

Canadian households are even more in debt than anyone imagined, according to a revised Statistics Canada calculation that gives a more accurate picture of family finances.

The revisions place household credit market debt in the second quarter at 163 per cent of disposable income, well above the previously reported 152 per cent, although the two levels are no longer a direct comparison.

The new numbers remove non-profit institutions from the household category, giving a more accurate accounting of



family finances. The revision shows debt growth over the last decade that looks "eerily similar to the U.S. experience, just before their dramatic housing bust," said David Madani,

an analyst with Capital Economics. "Overall, this supports our bearish view that Canada's housing boom is unsustainable and the eventual correction, which we think is already underway, is likely to have ... material negative implications for growth," he said.

The revisions show a much steeper climb, with debt growing in each of the past six quarters. Madani doubts the news will cause the Bank of Canada to hike interest rates, saying that point has passed given the slowing housing market and still weak global economy.

There was some good news in the revised data. It turns out Canadians have more assets than previously thought, with per capita net worth rising \$7,900 to \$190,200 due mostly to an improved calculation of holdings in unlisted company shares. THE CANADIAN PRESS



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WHY CAN'T WE TAKE LOOKS OFF THE POLITICAL AGENDA?



SHE SAYS...

Jessica Napier
metronews.ca/voices/
she-says

With an election campaign happening south of the border, October seems like the perfect month to release yet another research report on the differences between Democrats and

Republicans. Last week, I found my eyes permanently rolled into the back of my head after reading about a recent U.S. study that compared the attractiveness of female representatives from both political parties.

Forget about intelligence, personality or an actual ability to do the job, let's talk about whose face is more symmetrical!

Shockingly, this "study" wasn't performed by a room full of frat boys but by actual researchers at the University of California. Using a computer-modelling program, researchers measured various physical characteristics of the members of the House of Representatives to determine which party had more female politicians with "stereotypically feminine facial characteristics."

The results show that Republican women are "prettier" — and we're talking strictly on the outside here, folks — than their Democrat counterparts.

Stereotypically feminine facial features? What does that even mean? The entire concept of feminine beauty is a cultural construct, not an objective truth.

The study assumes an ideal kind of beauty determined by a completely subjective set of parameters that have been perpetuated for decades by a

media culture that favours full lips and narrow noses. The fact that Female A can be labelled as more gender-normative — and therefore more attractive — than Female B based on eye shape or forehead contouring is absurd.

This isn't science; it's sexism.

There are multiple layers of offensiveness at work here, but the most troubling thing about this study is that we continue to invest so much time and effort into caring about what our female politicians look like.

We rarely (if ever) evaluate male politicians like beauty-pageant candidates, yet the discourse around women in politics always turns to their physical beauty — or lack thereof. But what does the placement of cheekbones and eyebrow arches really have to do with an individual's capacity to do their job? Nothing.

No matter how much progress women make in terms of representation in politics, studies like this and the resulting media coverage encourage us to fixate on appearance — Hillary Clinton's pantsuits, Sarah Palin's hairstyle, Michelle Obama's toned arms — over policy.

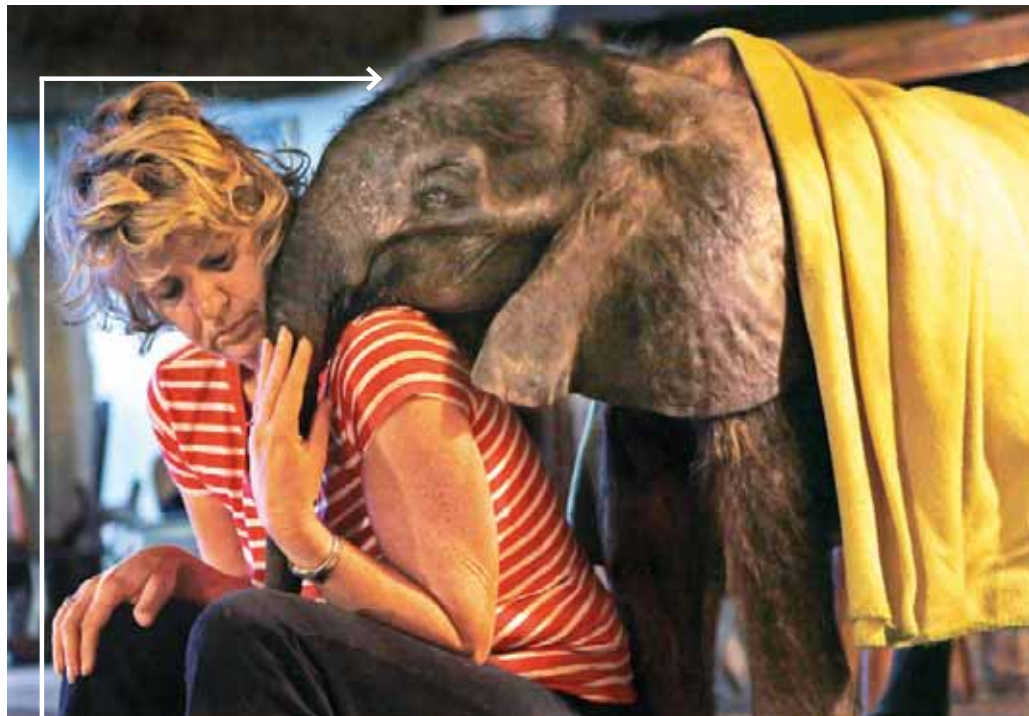
So, since the body politic has strayed entirely out of the realm of reasonableness, I am calling for funding to embark on my own equally ludicrous companion study comparing the penis size of male Democrats versus male Republicans. Because if we're going to focus on the physical, doesn't the public have a right to know who has the most "stereotypically masculine" body parts?

Follow Jessica Napier on Twitter @MetroSheSays



Strong-arm tactics? Michelle Obama speaks on stage during Day 1 of the U.S. Democratic National Convention on Sept. 4. ALEX WONG/GETTY IMAGES FILE

Orphan gets shoulder to lean on



ALL PHOTOS BY DENIS FARRELL/THE ASSOCIATED PRESS

Foundling rescue

Abandoned baby elephant finds welcoming home

A seven-and-a-half-month-old orphaned elephant named Moses cuddles with his adoptive "mother" and foundation owner Jenny Webb, at sunrise at their home in Lilongwe, Malawi. Moses was found alone and close to death in the Vwaza Wildlife Reserve. He has been adopted by the Jumbo Foundation, where he is cared for and is being raised by humans.

THE ASSOCIATED PRESS

Dogs and elephant show



Orphaned elephant calf Moses takes his daily walk with pet dogs Barney, left, and Bagheera and adoptive "mom" Jenny Webb at their Malawi home on Oct. 8.

Trunk feeder

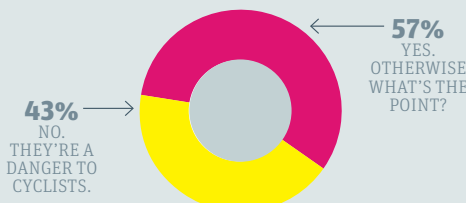
2

Number of feedings Moses receives every hour. Below, the orphaned calf devours a formula bottle.



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Twitter

@lexpavidis:

Halifax... Why are you so strange? It was winter coat weather yesterday, today? Shorts weather!

#awesome Wouldnt it make more sense to have him in JAIL not on the streets..

@michaelawhelann:

Just saw a man in halifax wearing MC Hammer pants and a fanny pack with a lime green cardigan that was too small #FashionPolice

@brittanymwong:

You know you have driving skills when you can drive around downtown Halifax while holding 2 bowls of soup.

@justinem16:

Police warn of a high risk sex offender on the loose in Halifax

@DurdyNellysPub:

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Out of the Black puts a big light on Boys Noize

New album. Huge names jumping on board with Alexander Ridha as he continues his journey through the indie-music underworld

Alexander Ridha has made a name for himself. Performing under the name Boys Noize, he's been able to perform with the biggest names like Tiesto and Skrillex and collaborate with Snoop Dogg and Jarvis Cocker — all without major label representation. We caught up with Ridha at Electric Zoo in New York City to talk about his newest album *Out of the Black* and find out what influences him and keeps him going.

Out of the Black is coming out throughout October. What inspired you on this album?

One of the big parts of this album was really getting back since it's my third album. I was trying to get this feeling back when I first started producing.

Most of the time when you don't know what you are doing that's when the magic happens. I was really clearing my head and forgetting about everything that is going on right now and what is hot right now. It's a very personal album. I would say it's a mix of my first and second albums.

You have a lot of disco and hip hop influences. Is that what you grew up listening to?

I have a 10 years older brother, and at the end of the 80s he was buying all those early house records so



Boys Noize has been getting big name collaborations without big label help. DOUGLAS VAN SANT FOR ELECTRICZOOFESTIVAL.COM

I was always into that, into real house music and rap at the same time, Run DMC and Public Enemy and stuff.

When I started to buy records I was buying both, like hip hop and house. The way I always mixed house music as a DJ was also more in a hip hop way. I was cutting music and loops.

Who would be surprised that we listened to? The Bee Gees?

I don't have anything against the Bee Gees and Donna Summer, but that was more my mother's side. She was all in that disco stuff like chic.

What kind of hip hop did you listen to?

The old school stuff was kind of like Pharcyde or Wu Tang. When it came out, I was able to rap the whole ODB album, the first one.

Even though I didn't understand anything because I was German, I was rapping along! I stopped buying hip-hop records towards the beginning of 2000 because it got too much like jiggy, and it was only about like rims and stuff. But I was still a big fan of any Neptunes or Timbaland production, and of course Dre. And of course Snoop.

Speaking of Snoop Dogg — or Snoop Lion, I guess...

Not on my album. On my album he's Snoop Dogg! (Laughs)

What was it like working with him on Got It?

It was amazing. It was like a dream come true. I was always saying to myself, 'If I would be able to make a track for him, I could stop making music.' I grew up with his sound. It was cool. You know he wants to vibe

first so we hung out a little bit. In the beginning of this year we had the chance to record music together, hang out in his apartment and stuff. It was really nice and he's such a great guy.

What else can we look forward to from you besides your new album?

I'm going on my first live tour. I'm going to do a crazy production as well. It's going to be something I'm really, really excited about. I (started) the tour Oct. 6, and I'll be in the U.S. I think from Nov. 23. It's going to be crazy I told you.

I just wanted to make something new. I've been lucky to play all festivals with my CDs, and it definitely had a live element as well because I do a lot of improvisation or remix live on the go.

METRO WORLD NEWS

DVD reviews



Moonrise Kingdom

Director. Wes Anderson

Stars. Jared Gilman, Kara Hayward, Bruce Willis

This beautifully rendered enchantment by Wes Anderson and co-writer Roman Coppola reveals them to be two artists who are very much in touch with their inner rebel kid. *Moonrise Kingdom* transports us to the sleepy summer of 1965 and a New England island called New Penzance, where two 12-year-olds are on the run. Errant boy scout Sam (Jared Gilman) and curious girl Suzy (Kara Hayward), pen pals turned delinquents in the service of love, are fleeing Sam's bullying troop and Suzy's distracted parents. The two can't escape everything: a hurricane is fast approaching. As Sam and Suzy go native and explore their love — mild petting is shown but sex isn't — the adults, including characters played by Bill Murray, Frances McDormand and Tilda Swinton, run wild trying to round them up.

Extras include three making-of featurettes.

PETER HOWELL

2 SCENE



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Susan Sarandon

Sarandon didn't get her start the sleazy way

Susan Sarandon is a well-respected, Oscar-winning actress, but she didn't always have it so good. In fact, Sarandon admits that early in her career she was even exploited in a 'casting couch' experience. "It was not successful — for either of us. I just went into a room, and a guy

practically threw me on the desk," Sarandon tells Elle magazine. "It was my early days in New York, and it was really disgusting. It wasn't like I gave it a second thought, it was so badly done." The actress declined to offer specifics on the role for which she was auditioning at the time.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kourtney, keep an eye on your guy



THE WORD
Dorothy Robinson
scene@metronews.ca

Non-newsflash: Scott Disick is apparently a terrible person, according to a new story by The Daily's Flash.

The site reports that during a boys' night out at the Vista Lounge in the Mohegan Sun Casino, Kourtney Kardashian's baby daddy was spotted canoodling with a "hot blonde" and acted "incredibly mean" to his waitress.

"His arm slung cozily

around a hot blonde with her hair in a topknot, Disick seemed to be loving the bachelor lifestyle," The Daily's Flash reported about his questionable actions.

"Scott was so incredibly mean," his bottle waitress was overheard saying. "He literally ripped the bottle out of my hands when I came to the table, and later, he and his friends were just dumping drinks on me. I'm glad to be done with their table for sure."

Another eyewitness told the site, "It seemed so obvious his relationship with Kourtney is for show."

If I were Disick, I'd watch out. If he blows the carefully-crafted illusion that he and Kardashian are still a couple, I'm pretty sure he'll one day soon wake up next to a horse head, courtesy of Kris Jenner.



Brad Pitt ALL PHOTOS GETTY IMAGES

Pitt the pusher? Brad says he could nab you the bad stuff

If you're looking to get high, Brad Pitt can hook you up.

"It's certainly true that I could probably land in any city, in any state, and get you whatever you wanted. I could find anything you're looking for, give me 24 hours or so," Pitt said, criticizing the U.S. war on drugs while introducing a screening

of the House I Live In, a documentary about drugs in America, according to Us Weekly. "And yet we still support this, I have to say, this charade called the drug war."

That being said, though, Pitt says he doesn't currently imbibe himself. "My drug days are long since past," he admits.

Twitter



@chriscolfer

Guess I can't send 300 friends links to weight loss pills without it looking suspicious anymore. Maybe I wasn't hacked, maybe I just care.



@JulietteLewis

Do u realize Jack White, Neil Young, Bob Dylan are all playin Tulsa while Im there next 2 months working on a movie?? #TheUniverseProvides



@BetteMidler

Back to the guitar. Slow going and rough sledding. Am starting to sound like an elderly pioneer crossing the plains. Next, a bonnet.



@rickygervais

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Why you get adult acne

Skin care Are zits ruining your life? Experts tell us why we're never too old for a breakout.

ROMINA
MCGUINNESS
life@metronews.ca

Did you just call in sick after noticing a big fat spot on your cheek? Bail on your super hot date?

"Acne equals ugly. It's a social stigma," Dr. Kathy Fields, founder of Proactiv skin care tells Metro.

But why?

"There's nothing more hurtful to the ego than being an adult with issues of a teenager," says Dr. Paul Jarrod Frank, cosmetic dermatologist. "It affects their ability to be successful at work and to have physical and emotional relationships. If their skin doesn't look good, they'll cancel social plans."

"Teens get acne on their nose, cheeks and forehead during puberty. In adults, it tends to appear along the hairline, chin and neck, and is caused by hormonal changes and stress," explains skin scientist Dr. Ava Shamban.

How it forms

Fields explains how the process is the same whether you're a teenager or an adult, male or female.

"All acne is hormonal but the process of a plug in the pore, the overgrowth of bacteria and the resulting inflammation (mild or severe) is genetic," Fields said.



The 25-year-old 90210 actress Annalynne McCord recently embraced her blemishes by posting a picture of herself on Twitter with no make-up. GETTY IMAGES

Why it forms

Most likely: your hormones have gone haywire

Whether it's stress, diet,

PMS or pregnancy, hormonal imbalance is the main reason why an adult gets acne.

"The first thing I want to know if a patient has acne

The stat

"30 to 50 per cent of adult women have acne."

Dr. Kathy Fields, founder of Proactiv
Speaking about the issues that adult women have.

is, what's going on with their hormones?" cosmetic dermatologist Dr. Elizabeth Tanzi tells Metro.

"Acne forms when an excess of male hormones called androgens (which occur in both men and women) stimulates the sebaceous glands to produce extra oils," explains Shamban.

The sticky oil creates a plug under which bacteria begins to grow. The body's response with inflammation is the spot that shows up on the surface of the skin about two weeks later.

Very likely:

you're stressed out

"Stress can trigger heightened levels of androgens, triggering breakouts. Cortisol (the stress hormone) and other adrenal steroids can stimulate the sebaceous glands, resulting in acne flare-ups," warns Shamban. "Cortisol is going to pump any time you are experiencing a stressful moment, whether that's a text from your crazy ex or getting promoted."

Less likely: it's your unhealthy lifestyle

Adults are desperate to find out why they have acne.

Is it their diet, exercise, stress?

"Lifestyle is never really the cause, but it doesn't

help," explains Frank.

"When we stress, we crave junk food and carbohydrates — another response to the rise in cortisol — which can trigger acne," says Shamban.

But according to Fields, the newest acne culprit may be (genetically modified) wheat.

"One theory is that the protein in wheat-gluten is very toxic to the gut. This could be causing extra inflammation in the body, which then translates into anything from headaches to acne."

Even less likely: mechanical rubbing

Acne mechanica is when inflammation from chronic rubbing leads to acne.

"We touch our face up to 12 times an hour. Resting your chin on your hand at work, pressing your cellphone on your chin, or wearing tight clothing could be the cause," says Shamban.

Now fix it

Adult acne is treated differently to teen acne.

"Adults are breaking out but their skin isn't that oily. Classic treatments prescribed to teens irritate adult skin," says Tanzi.

Medicate

"You can't change your hormones if you're a man but for women, we can consider birth control pills to suppress sebum-triggering androgen production in the ovaries or anti-androgens to reduce sebum production," says Fields.

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The comfort of chicken noodle with an Asian twist



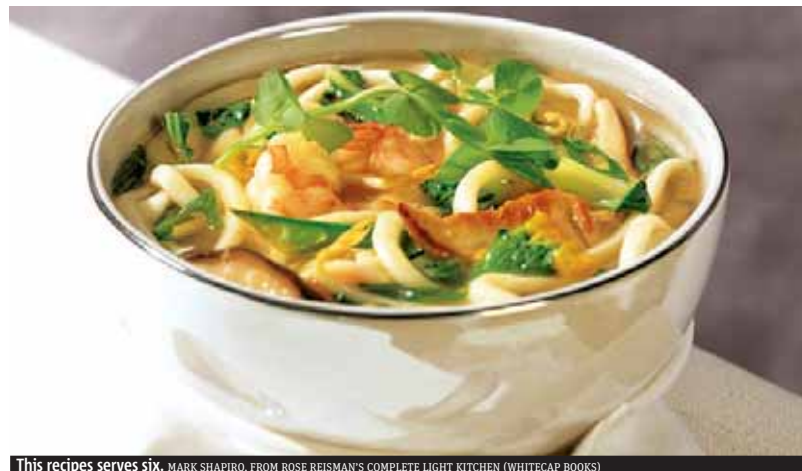
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Udon are long, round noodles with a wonderfully dense texture.

This soup is an all-time favourite — it's not only delicious, but also quick to make.

Ingredients

- 4 oz skinless boneless chicken breast (about 1 breast), diced
- 2 tsp each minced fresh ginger and garlic
- 6 cups chicken or beef stock
- 2 tbsp low-sodium soy sauce
- 6 oz fresh udon noodles
- 2 cups sliced bok choy
- 1/2 cup sliced snow peas
- 6 oz raw shrimp, peeled, deveined and chopped (about 3/4 lb unpeeled)
- 1 cup bean sprouts
- 2 green onions, chopped
- 2 tsp sesame oil
- 3 tbsp chopped parsley



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

To keep the bean sprouts fresh longer, store them in water in the refrigerator.

1. Spray a non-stick wok or large non-stick saucepan with cooking oil. Add the chicken and cook over medium-high heat for 4 minutes, or until the meat is barely cooked through. Add the ginger and garlic and

cook for 1 minute. Set aside.

2. Bring the stock and soy sauce to a boil in a large saucepan. Add the noodles and return to a boil. Reduce the heat to medium-high and cook for 4 minutes, or until the noodles are tender. Add the bok choy, snow peas and shrimp. Cook for 2 minutes, or until the

shrimp are pink and the snow peas are tender-crisp.

3. Add the chicken, bean sprouts and green onions. Cook just until heated through. Ladle into individual bowls and garnish each serving with a drizzle of sesame oil and a sprinkle of parsley. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Health Solutions

The Seedy Truth



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Magnesium is a mineral that your body needs to regulate muscles, heart rate and help build bones.

It is a crucial nutrient that often gets overlooked but you need, on average, 400 mg each day.

It is found in oat bran, buckwheat and artichokes (you eat loads of those foods, right?).

Maybe this is why most North Americans are believed to be magnesium deficient.

Your best bet for boosting intake is to go to seed.

Sprinkling these high magnesium nuggets on every salad, pasta, stew or soup

will get you much closer to your optimal intake.

Check out these super seeds (approximate mg of magnesium per shot glass):

- Sunflower seeds: 91 mg
- Sesame seeds: 97 mg
- Flax seeds: 110 mg
- Chia seeds: 118 mg
- Pumpkin seeds (green): 150 mg

This brings a whole new meaning to the word "seedy."

Protecting each and every cell in your body is better served when you behave like a bird.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



NEW LOCATION FOR WICKER EMPORIUM

BEDFORD COMMONS STORE IS TEMPLATE FOR FUTURE STORES

Wicker Emporium is celebrating the grand opening of its newest location Saturday. Located in Bedford Commons, the store is a template for the future look of Wicker Emporium locations.

Larger in size than traditional Wicker Emporium locations, the Bedford Commons store allows for easier manoeuvrability throughout the store. Other upgrades include better lighting — including the use of pot lights — and improved shelving, which does a better



job of showcasing Wicker Emporium's chairs, accent furniture and small pieces of furniture. Every category of product is also housed in its own section, which allows for a better laid out store.

"We think it's going to be a really convenient place for people in the Bedford area to go and shop," says co-owner Raj Kapahi.

The locally-owned and operated business was started by his father 40 years ago. Today, the business continues to be family run. From the roots of its original location in Scotia Square, the company has since grown to 24 locations, stretching as far west as Ontario.

The grand opening will run from 9



a.m. to 9 p.m. at the Bedford Commons location. Besides cake and refreshments, shoppers will be able to spin a wheel to win up to 30 per cent off of their purchases. (This is over and above any existing sale prices.) There will also be different giveaways and prize draws taking place throughout the day.

As a furniture and home décor store, Wicker Emporium sources its products from around the world to find unique and



stylish designs for its customers.

"We shop the world to find the best products for our customers," Kapahi says.

The company attends buying shows across Europe and Asia to stay on top of the latest trends and then sources the product directly from the manufacturers. "We cut out all of the middlemen," Kapahi says.

This means Wicker Emporium is able to pass along the cost savings to its customers.

Wicker Emporium also has a fantastic website, wickeremporium.ca, which showcases the diverse product lines it carries, as well as the locations and hours for its 24 stores.

GRAND OPENING

Stop by Wicker Emporium in Bedford Commons Saturday for its grand opening from 9 a.m. to 9 p.m. The grand opening will feature cake, refreshments, giveaways and prize draws.

The boom in boomer business

Alison on Money.
Canadian boomers giving 'retirement' a whole new meaning



YOUR MONEY
Alison Griffiths
money@metronews.ca

It's the classic Canadian retirement scenario: Travel, time with the grandkids, golf and gardening. Sound good?

Not according to a whole bunch of about to "retire" Canadians. A recent survey conducted for TD Canada Trust found an astonishing 54 per cent of boomers nearing retirement had either started a small business (15 per cent) or were contemplating it (39 per cent).

After operating my own small business (writing) for more than 30 years, the idea of becoming an entrepreneur near retirement seems, well, kind of tiring.

In numbers

- 9.6 million Canadians are boomers.
- 29 per cent of Canadians are boomers.

I assumed the rush to be a late life startup relates to worries about retirement income. Unfortunately, that question wasn't directly asked. However, 53 per cent did want more money and 32 per cent said that opening a business was part of a retirement strategy.

But for the majority, the motivation doesn't seem to be about money. Fifty-eight per cent just want to be their own boss.

Warning! When you operate a business you don't just have one boss; often you have many and it can be hard to serve numerous masters well.

I can understand starting a business that capitalizes on existing skills and contacts to supplement retirement income. This is a natural progres-

sion with no steep learning curve.

I guessed that many of those surveyed would follow this path.

Wrong again. Sixty-seven per cent intend to venture into something that has nothing to do with their day job. This is where I worry. It's a special person who can start and run a small business after a lifetime of being an employee.

Forty-two per cent of the budding entrepreneurs admit that financing is going to be the big challenge. As a public service I will save them some trouble. They won't get any. A line of credit is likely to be their best and only friend.

On the plus side, boomers have tons of experience — most have weathered difficulties and disappointments. They're also more likely to know how to ask for help and admit mistakes than the younger set. Learning to park your pride takes time.

Another plus. You can't golf or garden in the snow. But weather is no barrier to messing about with a grand idea.

It's not too early to start holiday shopping



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

On Thanksgiving Monday, my family pulled names from a Santa hat for our Secret Santa gift exchange that will take place over the Christmas holidays. Though it may seem a bit early, with limits of \$150 per gift, and only one gift per person, we're ready to start shopping.

According to a poll conducted by Retailmenot.com in October, approximately 40 per cent of consumers start holiday shopping at the beginning of November.

But, 70 per cent of respondents still have a dismal view of the economy and nearly 25 per cent are concerned about being able to afford their holiday purchases over the next few months.

Start your holiday shopping early this year and save a bundle. Having more time to shop is beneficial because you'll be less likely to cave-in to last minute impulse purchases.



Many consumers are starting their holiday shopping by the beginning of November. ISTOCK IMAGES

chases. You'll have more time to get organized, source out deals, and find coupons.

The IPSOS poll conducted in November of 2011 revealed that Canadians spend approximately \$650 on holiday shopping. If you're like most Canadians and get paid twice a month, you have approximately five pay cheques to go before the holidays are here.

If you spread out your purchases equally between each pay period, which will allow you to ease up on your cash flow, you'll spend approximately \$130 per cheque (\$650 divided by five pay cheques).

If your pay cheques are 100 per cent maxed out, generate some extra cash by working overtime or doing freelance work like writing or cleaning up yards.

Cut out parking expenses

and take the bus or Car2Go instead. Forgo eating out and make meals at home. Sell underutilized goods from your house on Kijiji; ensure you post a good picture, description and price it right. Raise your insurance deductible, which can save hundreds each month.

If you're heading down to the U.S. for work or pleasure, pick up your gifts while you're away. With higher duty-free limits, a strong Canadian dollar, greater selection and deep discounts (related to a struggling U.S. economy), you can save big dollars on gifts.

While you're loading up on bulk toilet paper at Costco, look for discounted gift ideas.

Each year I purchase an on-sale box of 12 bottles of quality wine, from a local bulk distributor, which I keep on hand for gifts and dinner parties. I also try to buy more expensive gifts at bulk distributors because their buying power is strong and translates into savings for me.

Rather than stretching your budget to purchase little gifts for everyone in the family, try a Secret Santa where you draw names and only buy one gift. Alternatively, talk to your family about having a 'lean' holiday season where you exchange small items, baking, or simply spend time together rather than spending money.

Emergencies only

Is it really rude to bring one's own food to a dinner party?

Dear Charles The Butler. Is it considered rude to bring one's own food to a dinner party even when it's not a pot-luck affair?

The reason I ask is because I have a gluten intolerance and a few serious food allergies, so things can go wrong if I eat anything I'm not supposed to. I don't expect people to cater to my dietary needs or change their menu plans for me at all but I'd like to be able to still go to a dinner party and not end up in the hospital. How would you approach the host of the party in advance about this? I don't want to insult or offend anyone. What are your thoughts? Thanking you in advance, yours faithfully, Better Safe Than Sorry.

Dear Better Safe Than Sorry, I truly believe that on the condition you are seriously allergic or have serious health issues, discussing this with the hostess ahead of time and bringing something simple that follows the host's meal is fine. My only fear in answering this question is that I don't want people to interpret that they can bring their own food for a multitude of reasons. This should only be done in extreme cases like yours. Usually it would be quite unacceptable.



Think before you bring food. ISTOCK



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
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Rainmen hopeful Tyler Richards, a Halifax native, tosses a basketball at Rainmen training camp. JEFF HARPER/METRO

New-look Rainmen offer up free tickets

NBL Canada. Nine new faces on roster with pre-season set to begin



MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Rainmen have gotten a makeover and fans don't have to pay a cent to get a first glimpse of the new-look roster.

The Rainmen open the National Basketball League of Canada pre-season on Sunday at 2 p.m. at the Metro Centre against the Summerside Storm and 10,000 complimentary tickets are up for grabs for an afternoon outing dubbed EastLink Slam Dunk Day.

More than 20,000 tickets have been given away via the promotion over the past three years, with the Rainmen drawing 8,422 in 2011, 7,127 in 2010 and 6,780 in 2009.

"It's something we look forward to every year and it's a great way to build momentum for our season," said

Rainmen owner Andre Levingston.

The Rainmen only have two returning players from last season's NBL Canada finalist — guard Joey Haywood and centre Darnell Huger — and there are nine newcomers remaining on their training camp roster.

The newcomers with contracts are guards Eddie Smith, Brandon Robinson, Darren Duncan and Joel Smith; for-

ward Hillary Haley; and centre Paul Nelson.

Guards Josiah Turner and Halifax's Tyler Richards, along with centre Quincy Okolie, have yet to sign deals.

Levingston said he is planning for those 11 players to be on the roster for next month's regular season opener, provided they continue to perform well. He said Sunday's contest isn't so much an audition as it is a chance for

the players to build chemistry in game situations.

"I like our roster," Levingston said. "We've got a mixture of veteran guys who have played at a high level and we've got young legs. We've got shooters and we've got scorers."

Levingston said he made it a priority to get some younger depth players this season.

"We had some guys who died (energy-wise) at the end of last season, and we won't have that problem this year," he said.

Robinson, Smith and Haywood all ranked among the NBL Canada's top 20 scorers last season, while Huger and Duncan averaged double-digit point totals.

That kind of talent could result in a high-scoring basketball team that is fun to watch.

"When coach puts everything in place, you're going to see some really exciting basketball," Levingston said.

The Rainmen also play a pre-season game on Oct. 25 on the road against Summerside. They open the regular season on Nov. 2 on the road against the Windsor Express.

Rainmen lineup

Halifax Rainmen roster to date with height and last team in parentheses:

- PG Darren Duncan, 5'11" (Saint John, NBL)
- PG Josiah Turner, 6'3" (Arizona, NCAA-I)
- G Joey Haywood, 6'0" (Halifax, NBL)
- G Eddie Smith, 6'3" (London, NBL)
- G Brandon Robinson, 6'5" (Oshawa, NBL)
- G Joel Smith, 6'5" (Santa Barbara, WCBL)
- G Tyler Richards, 6'2" (St. Francis Xavier, CIS)
- F Hillary Haley, 6'7" (Maryland-Eastern Shore, NCAA-I)
- C Darnell Huger, 6'7" (Halifax, NBL)
- C Quincy Okolie, 6'10" (Northwood, NCAA-II)
- C Paul Nelson, 6'10" (Yale, NCAA-I)

Standings

QMJHL
(NATIONAL RANKING IN PARENTHESES)

	W	L	O/S	PTS
Halifax (5)	9	1	0	18
Rouyn-Noranda	8	2	1	17
Quebec (1)	8	1	0	16
B.-Boisbriand (2)	7	2	1	15
Rimouski	7	2	1	15
P.E.I.	7	3	0	14
Bathurst	5	4	2	12
Chicoutimi	5	5	1	11
Victoriaville	4	5	3	11
Baie-Comeau	5	4	0	10
Drummondville	5	5	0	10
Saint John	5	5	0	10
Val-d'Or	4	6	0	8
Moncton	4	6	0	8
Cape Breton	2	6	3	7
Gatineau	3	6	0	6
Shawinigan	2	6	1	5
Sherbrooke	1	8	1	3

- Wednesday.** Halifax at P.E.I., 7 p.m.
- Friday.** Sherbrooke at Halifax, 7 p.m.
- Sunday.** Halifax at Bathurst, 4 p.m.

SCORING

	GP	G	A	PTS
Dea, RN	11	15	8	23
Andrighetto, RN	11	9	13	22
Danault, Vic	12	11	9	20
Grigorenko, Que	9	8	12	20
Duffy, P.E.I.	10	7	12	19
Miceli, Vic	12	7	11	18
MacKinnon, Hfx	10	11	6	17
Currie, P.E.I.	10	10	7	17
Mantha, VdO	10	7	10	17
Lavoie, CB	11	7	10	17

ATLANTIC UNIVERSITY
SPORT FOOTBALL
(Y - CLINCHED FIRST OVERALL)

	W	L	PTS
y-Acadia	5	1	10
Saint Mary's	2	4	4
St. F.X.	2	4	4
Mount Allison	2	4	4

- Saturday.** Mount Allison at St. F.X., 2 p.m.
Saint Mary's at Acadia, 2 p.m.

ATLANTIC UNIVERSITY
SPORT SOCCER
(MEN)

	W	L	T	PTS
Saint Mary's	6	1	3	21
Acadia	5	2	2	17
Dalhousie	5	3	2	17
UNB	5	3	1	16
UPEI	4	3	3	15
Moncton	4	3	2	14
Cape Breton	3	3	3	12
St. F.X.	2	5	2	8
Mount Allison	2	5	1	7

(WOMEN)

	W	L	T	PTS
Cape Breton	7	0	2	23
Dalhousie	7	2	1	22
UPEI	5	3	2	17
Mount Allison	4	3	1	13
Saint Mary's	3	5	2	11
Moncton	3	4	2	11
Memorial	3	4	2	11
UNB	1	3	5	8
Acadia	1	5	3	6

NHL

Europe at front of Marchand's mind

Boston Bruins forward Brad Marchand is "keeping his options open" with regard to playing in Europe during the NHL lockout, according to a report on CSNNE.com.

Marchand signed a four-year, \$18-million contract just prior to the lockout. He had a career-high 28 goals and 55 points in 76 games last season. **METRO**

San Francisco fans given reason to cheer in Game 2

NLCS. Scutaro gets payback to help Giants even series with Cards

Marco Scutaro answered Matt Holliday's hard takeout with a big hit of his own to help the San Francisco Giants end their home slide.

Scutaro hit a two-run single in San Francisco's four-run fourth inning to help the Giants get their first home win this post-season, 7-1 over the St. Louis Cardinals on Monday night that tied the NL championship series at one game apiece.

The game got off to a testy start when Holliday barrelled into Scutaro at second base to break up a potential double play in the first inning. The play riled up a crowd that had seen three straight losses by the Giants so far this post-season.

There was plenty to cheer about all night for the Giants. Ryan Vogelsong pitched seven strong innings, Angel Pagan hit a leadoff homer to give San



Cardinals first baseman Allen Craig appears to tag the Giants' Gregor Blanco as he heads back to first base on a fly ball during the eighth inning on Monday in San Francisco. Blanco was called safe on the play. DAVID J. PHILLIP/THE ASSOCIATED PRESS

Francisco its first home lead this post-season, and Scutaro broke the game open with his single off Chris Carpenter.

Making Scutaro's hit even sweeter for the Giants was the fact that Holliday misplayed the ball in left field, allowing a third run to score on the error.

Scutaro left after five innings because of an injured

left hip, and was going for X-rays.

The series now shifts to St. Louis for three games, starting with Game 3 on Wednesday when San Francisco ace Matt Cain takes on Kyle Lohse of the Cardinals.

The Giants also benefited from a missed call by an umpire in the eighth inning after

St. Louis centre-fielder Jon Jay made a spectacular, diving catch to rob Brandon Crawford of a hit.

Jay threw toward first and the Cardinals should have gotten a double play, but first base umpire Bill Miller did not see Allen Craig tag Gregor Blanco's jersey as he raced back to first on the play. **THE ASSOCIATED PRESS**

NHL. CBA talks to return to 'main issues' Tuesday

The key negotiators in the NHL's collective bargaining talks will look to start bridging the gap on economic issues when they resume negotiations.

A meeting between the league and union is scheduled for Tuesday morning where the sides will discuss "ideas for moving the process forward on the main issues," according to deputy commissioner Bill Daly.

Beyond that, there is no set agenda.

The session will feature the Big Four involved in talks — commissioner Gary Bettman and Daly for the NHL, and executive director Donald Fehr and special counsel Steve Fehr for the NHL Players' Association.

Neither side has formally tabled an offer since Sept.

Spinning wheels

The sides have maintained a frequent dialogue since the lockout was enacted on Sept. 15, but haven't reported much progress.

- Meetings have largely centred on secondary issues such as drug testing and grievance procedures, and the league has been pushing for the NHLPA to deliver a new proposal on the system for dividing up revenues.

12, when they each put one on the table. Both of those expired when the lockout started.

THE CANADIAN PRESS

NBA

Sixers spank Celtics in pre-season clash

Spencer Hawes scored 17 points and Thaddeus Young had 15 to lead

the Philadelphia 76ers to a 107-75 win over the Boston Celtics on Monday night.

Lavoy Allen had 11 points and Evan Turner 10 for the Sixers.

THE ASSOCIATED PRESS

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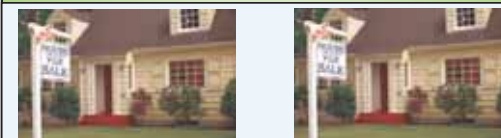
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Horoscopes

Aries

March 21 - April 20

You may be a bit short-tempered today, especially where money matters and business issues are concerned. If you let your negative feelings get the better of you, bad and divisive words could follow. It's really no big deal.

Taurus

April 21 - May 21

You may not be lacking in confidence but confidence is not what you need more of today — you need more common sense. If you take on too much or challenge someone who is bigger than you, the results won't be pretty.

Gemini

May 22 - June 21

You must not allow loved ones and colleagues to pile more work on your plate. Be wary of those who try to use emotional blackmail to get their way. You have nothing to feel guilty about, whatever they might say.

Cancer

June 22 - July 23

You may find it hard to keep your cravings in check over the next 24 hours and that could jeopardize a relationship that is fragile. Variety may be the spice of life, but do you really have to sample everything?

Leo

July 24 - Aug. 23

Your home life and your working life will clash today. Only you can decide which means more to you, but think twice before you sacrifice your ambitions for the sake of a loved one. Would they do the same for you?

Virgo

Aug. 24 - Sept. 23

No matter how much others may irritate you today, you must keep your emotions under control. The planets warn if you say or do anything hurtful now, you will pay for it later.

Libra

Sept. 24 - Oct. 23

You may think that you will lose out if you don't make a quick decision but it isn't true. In fact, the longer you put off making a choice the more likely it is others will make the right choice for you.

Scorpio

Oct. 24 - Nov. 22

You will be even more imperious than usual today, maybe as an over-reaction to yesterday's new moon. Don't be too aggressive though or it could cost you. It will take time and effort to repair a damaged friendship.

Sagittarius

Nov. 23 - Dec. 21

Although you find it easy to get out into the world and make new friends, you also need to reserve some time and space for yourself. Stand back from the hustle and bustle today, and just enjoy being yourself.

Capricorn

Dec. 22 - Jan. 20

Take care you don't go over the top today, either at home or at work. If you do, you are sure to regret it. Tone down your act a bit and give your rivals more respect. They're not really enemies.

Aquarius

Jan. 21 - Feb. 19

Be nice to everyone you meet over the next 24 hours but especially to employers and people in positions of authority. The last thing you want is to give them an excuse to make life difficult for you.

Pisces

Feb. 20 - March 20

New ideas and new ways of doing things may look attractive but don't discard the old ways all in one go. Aim to get the balance right and get the best of both worlds — it's not really hard. **SALLY BROMPTON**

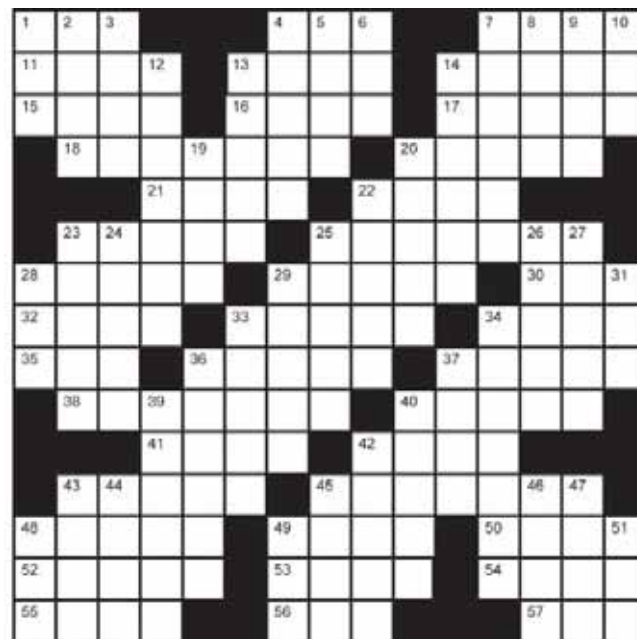
Canadian Singers Cross Each Other

Across

1. Flower garden
4. Official Parliament opposition: initialism
7. Chief
11. Allies' foe in WWII
13. Belle's boyfriend
14. Becomes weary
15. Essence of an argument
16. Bring in, as wages
17. Raises, as children
18. IMAX ____
20. Burnaby, BC-born pop singer Michael
21. Brains
22. Dainty fabric
23. Cathedral topper
25. ____ Party: Canada's oldest federally registered party
28. People buy Dr. Scholl's products for these
29. Spelunking sites
30. Box cover
32. Online report
33. Three goddesses of destiny, with "the"
34. Voice type between soprano and tenor
35. Soup container, often
36. Buenos ____, Argentina
37. Oak nut
38. Alberta's third-largest municipality (after Calgary and Edmonton) (2 wds.)
40. Decrease in intensity
41. How a lazybones hangs around
42. Brought to court
43. Longed (for)
45. Refer to incidentally
48. Cake maker
49. ____ et Chandon

Down

1. Paper or plastic grocery item
2. Egress
3. Satellite TV receiver
4. Approaches
5. "Bet you can't," e.g.
6. Sometimes groan-inducing bit of wordplay
7. Justin ____: London, Ontario-born Never Say Never pop star
8. Spoken
9. Desiccated
10. Serpentine warning
12. Preparing a beef and vegetable dish
13. Singer Midler or actress Davis
14. Breaks from fighting
19. Broadcasts
20. Infants "in the woods"
22. A cat has nine
23. Alternative to fossil fuels
24. On one's belly
25. "Toodle-oo"
26. Assign as one's share
27. Gasoline unit
28. Blue Jays' games airtel
29. Mariah ____: 1990 Best New Artist Grammy



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winner

31. Controversial hockey commentator Cherry
33. Ballpark
34. Early French Canadian
36. Poisonous snakes
37. Aid, particularly someone in the commission of a crime
39. Informal roadside restaurants
40. Cousins' mothers

42. Shabby

43. Apply asphalt
44. Big name in home furnishings
45. No longer relevant
46. Rubaiyat poet Khayyam, actor Sharif, or House actor Epps
47. ____ Scotia
48. Dracula creature
49. Partisanarians, for short

51. Door opener

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

5	1	2	9	6	8	3	7	4
6	3	7	1	2	4	9	5	6
6	9	4	7	5	3	8	1	2
7	8	6	5	3	9	2	4	1
3	4	1	6	8	2	7	9	5
9	2	5	4	7	1	6	3	8
1	6	3	2	9	5	4	8	7
2	5	9	8	4	7	1	6	3
4	7	8	3	1	6	5	2	9

				2	4			
			3	6		8		
4	5	2				6		
9			1	5		6		
	8						7	
	3		4		9			8
		8				7	9	3
		5		1	8			
	4	2						

Today

18°/6°
Rain
80%

Wednesday

12°/6°
Mainly sunny

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